



# Cabbage



Cabbage is one of the oldest cultivated vegetables. It is a leafy green, purple, red, pale green, or white biennial plant that is part of the Brassicaceae family and is typically grown as an annual.

Cabbage grows best in temperate climates and requires well-drained, nutrient-rich soil, regular watering, and full sun. California, New York, Florida, Wisconsin, and Texas are the top cabbage-producing states. Cabbage is typically started from seeds. The plant develops a rosette of large, broad leaves. As it matures, the central growing point tightens to form a firm, dense head.

Cabbage heads are ready to harvest when they are firm and reach 4-8 inches in diameter. The head is cut from the stem. The cabbage heads are often trimmed in the field to remove excess leaves, sorted, and placed in cartons or crates. Cabbage meant for processing into products like sauerkraut or coleslaw may be harvested mechanically by harvesters designed to cut multiple heads at a time.

Once harvested, cabbage needs to be cooled quickly to preserve freshness and extend its shelf life either by hydro cooling (immersion in cold water) or forced-air cooling. The cabbage is then packaged for transport to distribution centers, grocery stores, or processing facilities in refrigerated trucks.

Cabbage is a low-calorie and nutrient-rich vegetable. It contains vitamin C, vitamin A, vitamin K, potassium, calcium, manganese, and magnesium. Cabbage is an excellent source of dietary fiber and is rich in antioxidants. Cabbage health benefits include heart, bone, and digestive health benefits, anti-inflammatory benefits, and cancer prevention.

Cabbage can be eaten raw or cooked. They are commonly boiled, steamed, sautéed, roasted, or used in soups, stews, and casseroles. Cabbage can be fermented to make products like sauerkraut and kimchi. Stuffed cabbage is a popular dish worldwide.



<https://youtu.be/RoZ07A0fTyM?si=0KXVipyE5RRB6Ajm>